

TEEN HEALTH

The teen years are a crucial and complicated stage of physical, mental and emotional growth, transition and development. A naturopathic doctor (ND) can provide care and guidance during these formative years, showing teens how taking action to be healthy can improve their lives, now and in the future.

NUTRITION

A diet high in fresh vegetables and fruits, whole, unprocessed foods, lean proteins and healthy fats keeps developing bodies and minds healthy. Good food improves academic and sports performance, complexion, muscle tone and physique. Eating well helps you look and feel better, laying a solid foundation for your physical and mental growth. A naturopathic doctor can show you how to eat well, even when you're busy with school, friends, sports and work.

SLEEP

Adequate sleep is critical for growth, performance, and stress management. Most teens are chronically sleep-deprived. You need at least eight hours of sleep every night to feel and look your best. If you feel stressed and overtired, talk to an ND about how small lifestyle adjustments can help you get the rest you need.

SPORTS AND PHYSICAL ACTIVITY

Physical activity is key for healthy development. If you're underactive, or if you want to gain a competitive edge in your favourite sport, a naturopathic doctor can help. By providing nutrition and lifestyle tips, your ND can help, whether you want to develop a healthier body composition, or to fine tune your sports performance and physique. In addition, naturopathic modalities such as acupuncture/Asian medicine, botanicals, hydrotherapy and body work can help you prevent and recover from sports injuries.

STRESS

Stress is inherent to the teen years; not only is the body and mind changing radically, but teens are still learning techniques for managing their lives. In addition to nutrition and lifestyle counselling, naturopathic modalities such as acupuncture/Asian medicine, homeopathy, herbs, hydrotherapy and body work can help you feel better about yourself, your life and your body, and learn to manage your stress.

ACNE

Acne can be triggered by hormonal fluctuations, poor diet, food sensitivities, environmental toxins, stress, recreational drugs, prescription medications and cosmetics. Your ND will treat the cause of your acne, guiding you through diet and lifestyle adjustments, and recommending appropriate topical creams, detoxification treatments, herbs, supplements, homeopathic remedies and acupuncture/Asian medicine.

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